

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

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Tobacco Cessation Toolkits

Primary care teams now have new tools and a systematic strategy available for decreasing the use of tobacco products by DoD and VA beneficiaries. That was the message put out by a panel of experts in the September 19th satellite broadcast that introduced the Tobacco Use Cessation (TUC) clinical practice guideline toolkit and reviewed the DoD/VA Clinical Practice Guidelines for Primary Care. BUMED and NEHC have purchased toolkits for many Navy medical, dental, and line units that want to augment their tobacco cessation programs. Tapes of the broadcast training may be obtained from the Army at <http://www.cs.amedd.army.mil/qmo/smoke/smoke.htm> POC's for toolkits at NEHC are heastons@nehc.med.navy.mil or longm@nehc.med.navy.mil.



National Breast Cancer Awareness Month...



is celebrated in October dedicated to increasing awareness of breast cancer issues, especially the importance of early detection of breast cancer.

This message is communicated through a nationwide educational campaign to audiences including women in all age and ethnic groups, the general public, state and federal governments, women's health care professionals, and employers.

During 2001 an estimated 192,000 new cases of breast cancer are expected to occur among women in the United States. NBCAM encourages all women to recognize the importance of early breast cancer detection by participating in National Mammography Day on October 19, 2001.

If you would like additional information on breast cancer, mammograms, or women's health issues please visit <http://www.nbcam.org/>

STRESS

Everyone experiences stress from time to time. Stress disorders, however, are of a different magnitude. These occur as a result of profound trauma, such as encountering or witnessing a death, or experiencing serious injury. People with stress disorders exhibit intense fear, helplessness, or horror. If you would like more information on causes, treatment and prevention visit: http://www.ivillagehealth.com/library/onemed/content/0,7064,241012_245687,00.html#Signs



DoD Dental Tobacco Cessation Survey

The Army Health Promotion Program at CHPPM is collecting information on what military dentists are doing in regards to Tobacco Cessation. The survey should be completed by all dental providers including hygienists, prophylaxis technicians or anyone who provides care on a patient in a one-on-one situation. Please spread the word and encourage Navy Dentists to complete the survey available at <http://chppm-www.apgea.army.mil/dhpw/survey/tobacco/>



"Happiness comes more from loving than being loved; and often when our affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again - this is the brave and happy life."

- J.E. Buchrose